

Turkey Pot Pie350

Number of Servings: 350 (328.33 g per serving)

Amount	Measure	Ingredient
11.00	gal	Potatoes, fresh, w/skin, diced
8 1/2	qt	Milk, 1%, w/add vit A & D
5 1/4	lb	Margarine, soft, safflower oil
6 3/4	qt	Onion, white, fresh, chpd
2 1/2	gal	Flour, all purpose, bleached, enrich
3 1/2	tsp	Spice, pepper, black
8 1/2	gal	Broth, chicken, low sod, cnd
40 1/4	lb	Turkey, fryer/roaster, whole, w/skin, rstd
2 1/2	gal	Celery, fresh, diced
3 1/2	gal	Carrots, fzn, slices
11.00	qt	Peas, garden, fzn

Nutrients per serving

Nutrition Facts			
Serving Size (328g)			
Servings Per Container			
Amount Per Serving			
Calories 290		Calories from Fat 80	
		% Daily Value*	
Total Fat	9g		14%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	55mg		18%
Sodium	150mg		6%
Total Carbohydrate	31g		10%
Dietary Fiber	4g		16%
Sugars	4g		
Protein 22g			
Vitamin A 50%		Vitamin C 30%	
Calcium 6%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

PREPARE MASHED POTATOES, YIELD TO MATCH YIELD OF POT PIE YIELD BEING PREPARED

Scrub and eye potatoes, can leave peeling on. Cut into pieces.

Cook potatoes in small amount of water and drain when tender. Drain. Add milk (or instant dry milk + part of potato water) and mash until fluffy. OR Use dry Complete potato granules with Vitamin C, following directions add water ONLY.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

DICE TURKEY AND REFRIGERATE. COOK CELERY AND CARROTS UNTIL PARTIALLY DONE AND DRAIN.

Saute onions in margarine. Add flour and pepper and stir until blended. Add broth, stirring constantly with wire ship. Cook until thickened, stirring often.

Add diced turkey and partially cooked celery and carrots to gravy. Add frozen peas and mix carefully. Scale turkey mixture into pans (large kitchens: put in pans for the # servings needed for each site as pot pie will be cut and served.

Carefully scoop or spread mashed potatoes (1/2 cup/serving) over turkey mixture. Bake at 400 degrees F 20-25 minutes or until potatoes are slightly browned and internal temperature is 180 degrees F. Serving size = ~1 cup meat/veg mixture (meat and 1 veg serv) topped with 1/2 c potato = 2 CS

Same recipe made with seasoned turkey roast would be well over 500 mg sodium!

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